

OMRON®

GETTING STARTED

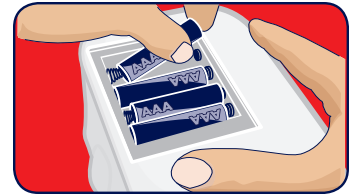
AUTOMATIC ARM BLOOD PRESSURE MONITOR



BP710

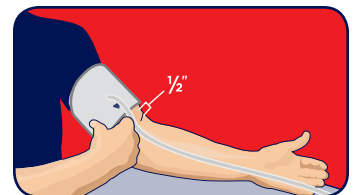
STEP 1

Insert four AAA batteries (*not included*) into bottom of unit.
Plug arm cuff into the main unit.



STEP 2

Place cuff directly on bare skin of upper left arm, with cuff edge 1/2 inch above elbow.
Align cuff so the blue arrow ▼ is centered on the inside of your arm with the tubing pointing down toward your hand. Close cuff snugly.



STEP 3

To turn unit on and take a measurement, press **START/STOP** button once.
The cuff will inflate automatically. Hold still until cuff deflates and results are displayed.



FREQUENTLY ASKED QUESTIONS

Q. Why are my blood pressure readings sometimes different?

A. Your blood pressure changes constantly based on your daily activities and time of day. Because of this, some fluctuations can be expected. That's why it is important to use averages over time to compare readings. Because each person is different, it's important to consult with your doctor about what your numbers mean to you.

Q. Why could my doctor's reading be different than my readings taken at home?

A. Having your blood pressure measured by a healthcare professional in a doctor's office can cause nervousness and may result in an elevated reading. Because these readings can vary considerably, you should take your blood pressure on a regular basis at home and share your results with your healthcare provider.

OTHER IMPORTANT TIPS

- For accurate readings, sit quietly with feet flat on the floor and rest for five minutes before taking measurements. Do not measure within 30 minutes after eating, exercising, bathing, smoking or drinking alcohol.
- Try to measure your blood pressure at the same time each day.
- To review readings, press the **M** button to scroll through readings.
- To keep your monitor in the best condition, follow the Care and Maintenance directions on pages 29-30 of the instruction manual.

The American Heart Association's guideline for upper limit of normal home blood pressure is¹: **135** mmHg systolic **85** mmHg diastolic

Please read the instruction manual for complete product information. Call our Toll-Free Consumer Help Line at 800-634-4350 for assistance with your Omron product. WWW.OMRONHEALTHCARE.COM

1. *Hypertension*. 2008;52:10-29.